

Sunbeam

SecretChef™ Slow Cooker

Banquet Slow Cooker 6.0L

Instruction Booklet
HP6000

Please read these instructions carefully
and retain for future reference.



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Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM SLOW COOKER.

- Do not operate the slow cooker on an inclined surface.
- Do not move or cover the slow cooker while in operation.
- Do not immerse the base of the slow cooker in water or any other liquid.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.

- Use your slow cooker well away from walls and curtains.
- Do not use your slow cooker in confined spaces.
- Do not touch any metal surface of the slow cooker whilst in use as it will be hot.

- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

Features of your Sunbeam SecretChef™ Slow Cooker

Removable crock insert

The durable ceramic crock insert is removable to allow for convenient serving at the table, storing of leftovers and easy cleaning. The crock insert is also dishwasher safe for added convenience.

Banquet shape

The banquet shape is perfect for larger pieces of meat eg shanks, drumsticks etc.

Quality glass lid

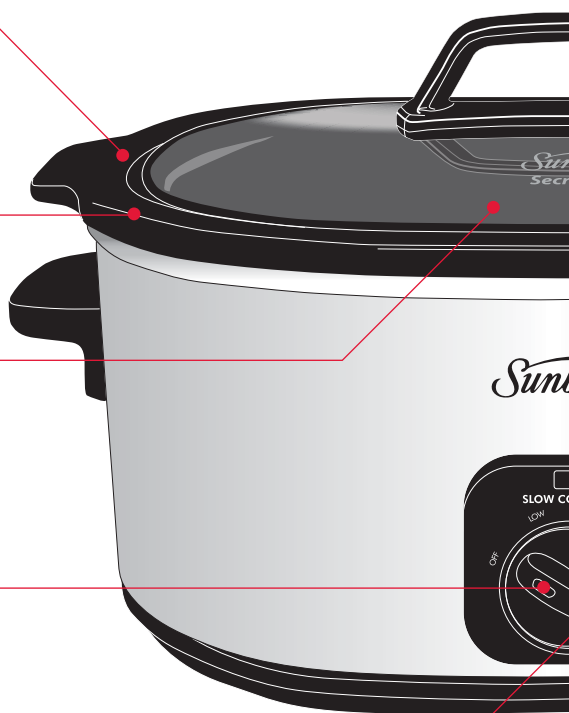
Fits neatly onto the crock insert to retain heat and moisture for best results. The transparent glass allows you to view the food during cooking without lifting the lid, preventing the heat from escaping.

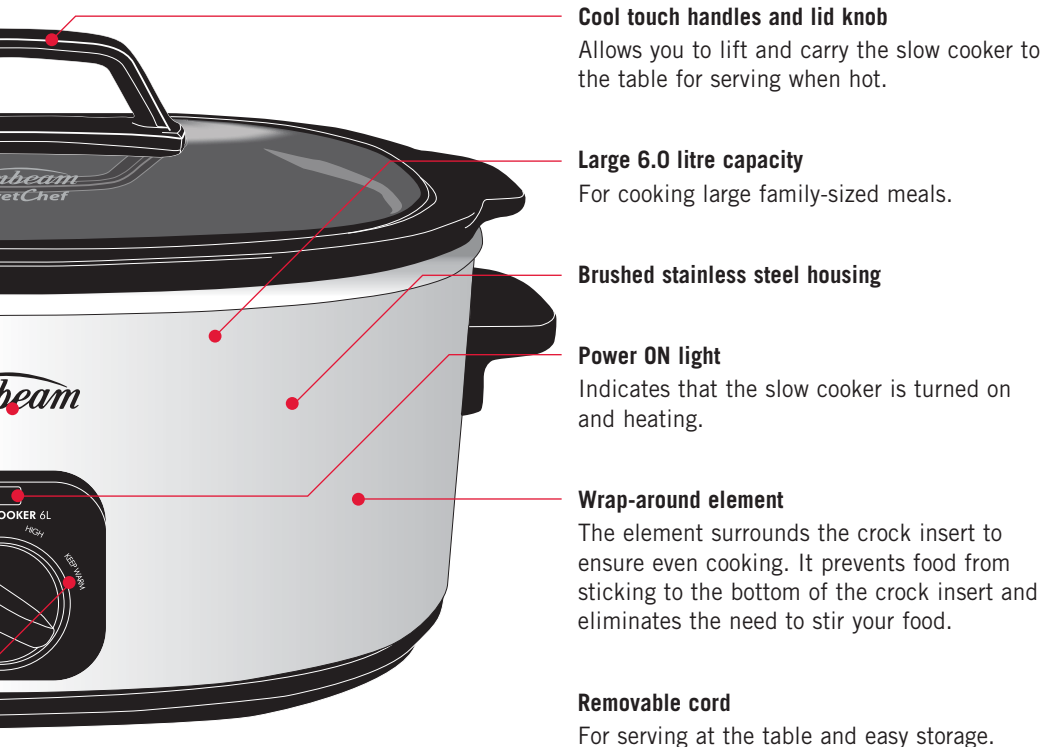
Temperature control dial

Allows you to select the desired temperature for each recipe. LOW for simmering and slow cooking, HIGH for faster cooking.

Keep Warm setting

A handy, forgiving temperature. Perfect for busy families, those with flexible meal times, and people on the run.





Cool touch handles and lid knob

Allows you to lift and carry the slow cooker to the table for serving when hot.

Large 6.0 litre capacity

For cooking large family-sized meals.

Brushed stainless steel housing

Power ON light

Indicates that the slow cooker is turned on and heating.

Wrap-around element

The element surrounds the crock insert to ensure even cooking. It prevents food from sticking to the bottom of the crock insert and eliminates the need to stir your food.

Removable cord

For serving at the table and easy storage.

An Introduction to Slow Cooking

Slow cooking is one of the best ways of preparing foods to ensure that the flavour and tenderness is retained. Your new slow cooker is easy to use and is extremely versatile. You can cook soups, stews, casseroles, roasts, bake desserts and even steam puddings. Slow cooking is also economical, as your new slow cooker uses very little power. Once the slow cooker reaches the selected temperature, the food cooks using the heat retained in the crock insert.

Your slow cooker is ideal for cooking tougher cuts of meat as the slow, moist heat tenderises the meat and enhances the flavours.

Your slow cooker is also very safe for keeping foods heated, as it operates at temperatures high enough to prevent the growth of harmful bacteria.

Using your Slow Cooker

1. Before using your Sunbeam slow cooker for the first time, remove the crock insert and lid and wash them in warm soapy water. Rinse and dry thoroughly and replace.
2. Place the slow cooker on a flat level surface.
3. Prepare the food to be cooked and place inside the slow cooker. Replace the lid.
4. Insert the plug into a 230-240V power outlet and turn the power ON.
5. Select the desired cooking setting on the temperature control dial: LOW or HIGH. The power on light will illuminate to indicate that the appliance is switched on.

Note: KEEP WARM is not a cooking function. It is a warm function for food that is already cooked.

Tip: Do not place very cold or frozen food in the crock insert if it has been preheated as this may cause the crock insert to crack.

Tip: Transfer cooked food from the crock insert into an airtight container before storing in fridge or freezer.

Tip: Do not place the crock insert under cold water if it is still hot.

Tip: The crock insert is oven safe so you can reheat your precooked dishes in an oven preheated to no more than 160°C.

Tips for Slow Cooking

- All of the recipes contained in this book have recommended temperature settings. Most recipes can be cooked on the LOW setting, however when using the HIGH setting cooking times can often be halved.
- Food will be brought to a simmer on all settings. The setting determines the time needed to reach a simmer.
- When cooking with vegetables, place them in the crock insert first, and then place the meat on top.
- Always ensure that food or liquid comes to at least half way up the wall of the crock insert, as the element is located on the sides of the slow cooker.
- When roasting whole pieces of lamb, beef or chicken, it is not necessary to add liquid. Pot roasts and corned meats should be barely covered with liquid.
- Do not use oven bags in your slow cooker.
- When preparing meat for casseroles, lightly coat the pieces in flour and brown before adding to the slow cooker. This helps to seal in the juices and flavours, and keeps the meat tender.
- Frozen casseroles can be placed in the cold slow cooker and heated for 5-8 hours, depending on the quantity. Do not place frozen food into a heated slow cooker.
- If a recipe results in too much liquid, turn the slow cooker to the HIGH setting, remove the lid and cook until sufficient liquid has evaporated.
- To thicken a casserole, set the slow cooker to the HIGH setting and stir through a thickening agent such as cornflour combined with a little water. Allow to simmer until thickened, stirring occasionally.
- Stirring is rarely necessary, as the element wraps around the sides of the slow cooker, preventing the food from sticking to the base.
- Leave the lid on the slow cooker during cooking to maintain heat and moisture.
- Reduce cooking times when the slow cooker is not completely full to achieve a better cooking result as the slow cooker heats up faster when not filled up to the rim.

Care and Cleaning

Wash the crock insert and lid in hot soapy water. To remove food that is cooked onto the bottom, soak the crock insert in warm water before cleaning and scrub lightly with a plastic or nylon brush. Rinse well and dry. The crock insert is also dishwasher safe for added convenience.

Note: Do not place the hot crock insert under cold water.

Wipe the exterior of the slow cooker with a damp cloth and polish dry. **DO NOT** use harsh abrasives, scourers or chemicals to clean any part of your slow cooker as these will damage the surfaces.

CAUTION: Do not immerse the base of the slow cooker in water or any other liquid.

Recipes

All the recipes have been specifically created and tested by the Sunbeam Test Kitchen for the SecretChef Banquet Slow Cooker. We hope you enjoy.

Sausage Eggplant and Tomato Casserole

Serves 4-6

- 1 tablespoon oil
- 12 beef sausages
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 eggplants, chopped into 2cm chunks
- 1 teaspoon chilli flakes
- 2 tomatoes, chopped
- 400g can diced tomatoes
- 100g roasted capsicum, peeled, chopped
- ¼ cup chopped flat-leaf parsley
- Salt and pepper, to taste

1. Heat oil in frypan over medium heat. Add sausages and cook until evenly browned. Transfer to slow cooker.
2. Add onion, garlic and eggplant to the same frypan and cook until eggplant is golden. Add to slow cooker with remaining ingredients.
3. Place lid on pan. Cook on HIGH for 3-4 hours or LOW for 6-7 hours. Season with salt and pepper. Serve.

TIP: You can roast your own capsicum by cooking halved capsicums skin side up under a hot grill. Place blackened capsicum halves in a snap-lock bag. When cool, skin should be peeled off easily. Alternatively you can use char-grilled capsicum from a jar.

Irish Stew

- 1.5kg lamb neck chops
- ½ cup plain flour
- 3 onions, chopped
- 1 kg potatoes, peeled, sliced
- 2 carrots, peeled, sliced
- ¼ cup tomato paste
- 3 cups beef stock
- Salt and pepper, to taste

1. Dust chops with flour, making sure to reserve the excess flour.
2. Cover the base of pan with onions, potatoes and carrots. Place lamb over the top, repeat layers.
3. In a jug combine tomato paste, stock and excess flour. Pour over lamb. Cook on HIGH for 3-4 hours or LOW 6-7 hours. Season with salt and pepper.

Recipes continued

Butter Chicken

Serves 4-6

2 tablespoons oil
800g chicken thigh fillets, sliced
40g butter
1 onion, chopped
3 cloves garlic, crushed
1 ½ cups plain greek yoghurt
¾ cup tandoori masala paste
1/3 cup tomato paste
1 tablespoon curry paste
5 green cardamom pods
400mls can coconut milk
Salt and pepper, to taste

1. Heat oil in large frypan over medium heat. Add chicken, cook until golden. Transfer to slow cooker.
2. In the same frypan melt butter over medium heat. Add onion and garlic, cook until softened, add to slow cooker.
3. Pour remaining ingredients into a jug and whisk until smooth. Add to slow cooker. Stir.
4. Place lid on pan. Cook on HIGH for 3-4 hours or LOW 6-7 hours. Season with salt and pepper. Serve with rice if desired.

Peanut Chicken

Serves 4-6

12 chicken thigh fillets, halved
3 cloves garlic, crushed
1 red capsicum, seeded, chopped
1 large onion, chopped
½ cup chicken stock
¼ cup soy sauce
1 tablespoon ground cumin
½ teaspoon chilli flakes
1 ¼ cup crunchy peanut butter
⅓ cup satay sauce
¼ cup lime juice
1 tablespoon corn flour
Salt and pepper, to taste

1. Place chicken, garlic, capsicum, onion, stock, soy, cumin, and chilli into the slow cooker.
2. Stir. Place lid on pan. Cook on HIGH for 3-4 hours or LOW for 6-7 hours.
3. Remove one cup of liquid from slow cooker and whisk in peanut butter, satay sauce, lime juice and cornflour into liquid.
4. Return to slow cooker. Stir. Place lid on pan. Cook for a further 30 minutes on LOW. Season with salt and pepper. Serve with rice if desired.

Recipes continued

Pork and Chorizo Stew

Serves 4-6

- 1.5kg pork neck cut into 2cm chunks
 - ½ cup plain flour
 - Salt and pepper, to taste
 - 2 tablespoons oil
 - 3 onions, chopped
 - 150g bacon, chopped
 - 2 cups chicken stock
 - 2 cups white wine
 - 1/3 cup tomato paste
 - 500g chorizo, sliced 1 cm rounds
 - 2 x 400g cans whole tomatoes
 - Salt and pepper, to taste
1. Dust pork with flour. Season with salt and pepper.
 2. Heat oil in a large frypan over medium heat. Working in batches, brown pork; transfer to slow cooker.
 3. Add onion and bacon to same pan and cook until soft. Add to slow cooker.
 4. Add remaining ingredients to slow cooker. Stir.
 5. Place lid on pan. Cook on HIGH for 3-4 hours or LOW for 6-7 hours. Season with salt and pepper. Serve with crusty bread.

TIP: If the sauce is too thin, add 2 tablespoons of cornflour dissolved in a little water to thicken. Or serve in a bowl with a crusty piece of bread. Return to cook for 30 minutes on LOW.

Chilli Con Carne

Serves 4-6

- 2 tablespoons oil
 - 500g beef mince
 - 2 stalks celery, chopped
 - 2 cloves garlic, crushed
 - 1 brown onion, sliced
 - 1 green capsicum, deseeded, chopped
 - 700g jar tomato pasta sauce
 - 2 x 400g cans kidney beans, drained
 - 2 x 400g cans cannellini beans, drained, reserve liquid
 - 1 tablespoon chilli powder
 - 1 teaspoon dried basil
 - 1 teaspoon paprika
 - 1 ½ teaspoon fresh oregano
 - Salt and pepper
1. Heat oil in a large frypan over medium heat. Add mince and cook, stirring, until browned.
 2. Place mince in slow cooker with remaining ingredients, including cannellini bean liquid. Stir.
 3. Place lid on pan. Cook on HIGH for 4-5 hours or LOW for 8-9 hours. Season with salt and pepper. Serve.

Recipes continued

Sticky Pork Chops

Serves 3-4

- 6 boneless pork chops
- 2 cloves garlic, crushed
- ½ cup soy sauce
- ¼ cup brown sugar
- 1 teaspoon grated fresh ginger

1. Place pork chops in slow cooker. Combine remaining ingredients in jug and pour over chops. Stir.
2. Place lid on pan. Cook on HIGH for 3-4 hours or LOW for 6-7 hours. Serve with bok choy if desired.

Chicken Tagine

Serves 4-6

- 600g chicken thigh fillets, chopped
- ¼ cup plain flour
- ¼ cup oil
- 2 large onions, chopped
- 2 cloves garlic, crushed
- 2 cm fresh ginger, peeled, grated
- 4 cups chicken stock
- ¼ cup honey
- 2 tablespoons tomato paste
- 1 tablespoon cornflour
- ½ cup dried apricots, chopped
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans chickpeas, drained
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cinnamon
- 1 teaspoons ground coriander
- 1 teaspoon ground cumin
- Salt and pepper to taste

1. Dust chicken in flour. Season with salt and pepper.
2. Heat 2 tablespoons of the oil in a large frypan over medium heat. Working in batches, brown chicken; add to slow cooker.
3. Heat remaining oil in same frypan over medium heat. Add onion, garlic and ginger cook until tender. Add stock, honey and tomato paste. Whisk in cornflour.
4. Transfer to slow cooker with remaining ingredients. Stir.
5. Place lid on pan. Cook on HIGH 3-4 hours or LOW 6-7 hours. Season with salt and pepper. Serve.

Recipes continued

Mushroom Soup

Makes 6 cups

- 2 tablespoons olive oil
 - 6 shallots, chopped
 - 2 cloves garlic, crushed
 - 1 leek, sliced
 - 500g swiss brown mushrooms, sliced
 - 500g cup mushrooms, sliced
 - 375g portabella mushrooms, sliced
 - 2 tablespoons plain flour
 - 4 cups chicken stock
 - 1 cup cream
 - ½ cup chopped flat-leaf parsley
 - Salt and pepper, to taste
1. Heat oil in large frypan over medium heat. Add shallots, garlic and leek, cook until tender. Transfer to slow cooker.
 2. Add mushrooms, and combined flour and stock to slow cooker. Stir.
 3. Place lid on pan. Cook on HIGH for 3-4 hours or LOW for 6-7 hours. Cool before blending.
 4. Blend or process cooled soup in batches until smooth. Return to slow cooker.
 5. Add cream, stir. Place lid on pan and cook for another 30 minutes on LOW. Stir through parsley. Season with salt and pepper. Serve with bread if desired.

Thai Pumpkin Soup

Makes 6 cups

- 1 tablespoon cornflour
 - 375ml can coconut milk
 - ⅓ cup red curry paste
 - 2 tablespoons fish sauce
 - 1.5kg pumpkin, peeled, deseeded, chopped
 - 1 onion, chopped
 - 400g potato, peeled, chopped
 - 500g sweet potato, peeled, chopped
 - 4 cups vegetable stock
 - Salt and pepper
1. Whisk cornflour and coconut milk until smooth. Pour into slow cooker. Add remaining ingredients to slow cooker. Stir.
 2. Place lid on pan. Cook on HIGH for 3-4 hours or LOW for 6-7 hours. Cool before blending.
 3. Blend or process cooled soup in batches until smooth. Season with salt and pepper.

Recipes continued

Spanish Style Chicken and Chorizo

Serves 4-6

- 2 tablespoons oil
- 3 chorizo sausages, chopped
- 1 red onion, finely sliced
- 2 cloves garlic, crushed
- 2 sprigs marjoram
- 2 sprigs thyme
- 10 chicken thigh fillets
- ½ cup chicken stock
- ¼ cup honey
- 2 tablespoons sherry vinegar
- 1 lemon, finely sliced
- 400g potatoes, peeled, roughly chopped
- Salt and pepper, to taste

1. Heat half the oil in large frypan over medium heat. Add chorizo, onion, garlic, marjoram and thyme, cook until softened.
2. Heat remaining oil over medium heat. Add chicken to pan and cook in batches until golden, add to slow cooker.
3. Place remaining ingredients into slow cooker. Stir.
4. Place lid on pan. Cook on HIGH for 3-4 hours or LOW for 6-7 hours. Season with salt and pepper. Serve.

Spicy Pork Meatballs

Serves 4-6

- 1.25kg pork mince
- 1 onion, finely chopped
- 1 long red chilli, chopped
- 1 egg, lightly beaten
- 2 tablespoons tomato paste
- 2 teaspoons paprika
- 2 teaspoons oregano, chopped
- 1 teaspoon ground chilli powder
- 1 ¼ cups grated parmesan cheese
- 1 cup fresh breadcrumbs
- ¼ cup chopped flat-leaf parsley
- 700mls passata
- ¾ cup beef stock
- 3 cloves garlic, chopped
- Salt and pepper, to taste

1. In a large bowl combine pork, onion, chilli, egg, tomato paste, paprika, oregano, chilli powder, cheese, breadcrumbs and parsley. Roll tablespoon sized balls of mixture. Place in slow cooker.
2. Add passata, stock and garlic to slow cooker. Stir.
3. Place lid on pan. Cook on HIGH for 3-4 hours or LOW 6-7 hours. Season with salt and pepper. Serve on pasta if desired.

Recipes continued

Spicy Shredded Pork

– Great in sandwiches, burritos or in lettuce cups

Serves 4-6

- 2 onions, finely sliced
 - 1.5kg pork loin
 - 1 clove garlic, chopped
 - 1 small red chilli, chopped
 - 1 cup barbeque sauce
 - ½ teaspoon ground cumin
 - 1 cup water
 - ¼ cup firmly packed brown sugar
 - 2 tablespoons apple cider vinegar
 - 1 teaspoon Dijon mustard
 - 1 tablespoon Worcestershire sauce
 - ¼ teaspoon ground cinnamon
 - 1 teaspoon paprika
 - Salt and pepper, to taste
1. Scatter onions on base of slow cooker. Place pork on top.
 2. Combine remaining ingredients and pour over pork.
 3. Place lid on pan. Cook on HIGH for 6-7 hours or LOW for 12-13 hours. Season with salt and pepper. Shred. Serve.

Asian Style Pork Belly

Serves 3-4

- 1kg pork belly cut into 5cm cubes
 - 1.5L chicken stock
 - ⅓ cup firmly packed brown sugar
 - ¼ cup kecap manis
 - ¼ cup rice wine
 - ¼ cup soy sauce
 - 1 tablespoon fish sauce
 - 2cm fresh ginger, peeled, grated
 - 2 cardamom pods
 - 2 cloves garlic, crushed
 - 1 long red chilli, sliced
 - 1 star anise
 - Finely grated rind of one orange
 - Salt and pepper, to taste
1. Place pork in slow cooker. Add remaining ingredients. Stir.
 2. Place lid on pan. Cook for HIGH for 3-4 hours or LOW for 6-7 hours.
 3. Remove pork from slow cooker. Season with salt and pepper. Serve over rice with cooking sauce.
- TIP:** If you would like crispy skin on your pork, remove from slow cooker and cook in a hot frypan until skin is crisp.

Recipes continued

Massaman Curry

Serves 4-6

- 1kg beef chuck, cut in 2 cm pieces
 - ¼ cup plain flour
 - ¼ cup oil
 - 1 brown onion, chopped
 - 2 cloves garlic, crushed
 - ½ cup massaman curry paste
 - 1 cup beef stock
 - 1 cup water
 - 375mls carnation light and creamy coconut milk
 - 300g potatoes, peeled, roughly chopped
 - 2 tablespoons fish sauce
 - 2 tablespoons lemon juice
 - 1 tablespoon brown sugar
 - Salt and pepper, to taste
1. Dust beef with flour.
 2. Heat half the oil in large frypan. Cook beef in batches, until golden. Transfer to slow cooker.
 3. In the same pan add remaining oil, onion and garlic. Cook until softened, add to slow cooker.
 4. Add remaining ingredients to slow cooker and stir until well incorporated. Stir.
 5. Place lid on pan. Cook on HIGH for 3-4 hours or LOW 6-7 hours. Season with salt and pepper. Serve with basmati rice, if desired.

Beef Bolognese

Serves 4-6

- 2 tablespoons oil
 - 1kg beef mince
 - 1 onion, chopped
 - 8 cloves garlic, crushed
 - 3 x 400g cans chopped tomatoes
 - 2 x 400g cans tomato puree
 - 1 cup tomato paste
 - ⅓ cup sugar
 - 2 tablespoons dried oregano
 - 1 tablespoon dried basil
 - 2 teaspoons dried marjoram
 - Salt and pepper, to taste
1. Heat oil in a large frypan over medium heat. Add mince and cook until golden. Transfer to slow cooker.
 2. Add onion and garlic to the same frypan and cook until softened. Add to slow cooker with remaining ingredients. Stir.
 3. Place lid on pan. Cook on HIGH for 3-4 hours or LOW for 6-7 hours. Season with salt and pepper. Serve on pasta, if desired.

Recipes continued

Coq au Vin

Serves 4

- 2kg chicken pieces, skin removed
 - ½ cup plain flour
 - 100g butter
 - 2 tablespoon olive oil
 - 12 pickling onions, peeled
 - 4 rashers bacon, chopped
 - 3 cloves garlic, crushed
 - 1 cup red wine
 - ¼ cup brandy
 - 1 cup chicken stock
 - 200g button mushrooms, sliced
 - 1 tablespoon chopped fresh thyme
 - 1 teaspoon mixed herbs
 - 2 bay leaves
 - Salt and pepper, to taste
1. Dust chicken with flour. Season with salt and pepper.
 2. Heat butter and oil in a large frypan over medium heat. Add chicken in batches and cook until brown, transfer to slow cooker.
 3. In the same pan, add onions, bacon and garlic and cook until onions are softened.
 4. Add wine and brandy to pan and simmer gently for 5 minutes. Add to slow cooker with remaining ingredients. Stir.
 5. Place lid on pan. Cook on HIGH for 3-4 hours or LOW for 6-7 hours. Season with salt and pepper. Serve with crusty bread.

Lamb Roast with White Beans and Parsley Sauce

Serves 4-6

- 1.2 - 1.4kg lamb roast
 - 1 clove garlic, cut into slivers
 - 2 sprigs fresh rosemary, cut into pieces
 - 1 tablespoon olive oil
 - 20g butter
 - 1 onion, sliced
 - 1 x 400g can butter beans, rinsed, drained
 - ¼ cup chopped fresh parsley
 - ½ cup chicken stock
 - Salt and pepper, to taste
1. Make small incisions all over lamb with a very sharp knife, then stuff each with a sliver of garlic and a sprig of rosemary.
 2. Heat oil in a large frying pan, cook lamb until browned all over. Remove from pan and transfer to slow cooker.
 3. In the same pan, add butter and cook onion 1-2 minutes or until softened, place in slow cooker with remaining ingredients. Season with salt and pepper. Stir.
 4. Place lid on pan. Cook on HIGH for 3-4 hours or LOW for 6-7 hours. Remove meat from slow cooker, and rest for 10 minutes before carving. Serve slices of lamb with beans and parsley sauce.

Recipes continued

Dhal

Serves 6-8

- 2 tablespoons oil
 - 2 onions, finely chopped
 - 2 cloves garlic, crushed
 - 1 tablespoon ground cumin
 - 1 teaspoon cumin seeds
 - 2 teaspoons black mustard seeds
 - ¼ cup tomato paste
 - 4 cups red lentils
 - 2 cups vegetable stock
 - 4 ½ cups water
 - 2 x 400g can chopped tomatoes
 - 3 baby eggplants, roughly chopped
 - Salt and pepper, to taste
1. In a large frypan, heat oil over medium heat. Add onion and garlic and cook, until softened.
 2. Add dried spices and cook until fragrant. Stir through tomato paste and cook for 2 minutes. Place in slow cooker.
 3. Rinse lentils in water, until water runs clear. Put in slow cooker with remaining ingredients, except salt and stir well to combine all ingredients.
 4. Place lid on pan. Cook on HIGH 1-2 hours or LOW 4-5 hours. Season to taste, serve hot.

Crème Caramel

Serves 4

- ½ cup caster sugar
 - 2 tablespoons water
 - 3 eggs
 - 2 egg yolks
 - ⅓ cup caster sugar, extra
 - 250ml milk
 - 200ml pouring cream
 - 1 vanilla bean, seeds scraped
1. Turn slow cooker to HIGH and add 2 cups hot water.
 2. Lightly spray 4 x 1 cup metal moulds with cooking spray.
 3. Combine sugar and water in a small saucepan. Stir over low heat until the sugar has dissolved. Increase heat; boil without stirring, until the toffee turns a golden colour. Remove from heat, once the bubbles have subsided, pour into moulds. Allow to cool. It is normal for the toffee to set hard at this stage.
 4. Beat eggs and sugar until light and creamy.
 5. Heat milk, cream, vanilla bean and seeds until almost boiling. Whisk hot milk into egg mixture. Pour mixture through a strainer.
 6. Pour mixture into moulds. Place in slow cooker. Turn slow cooker to LOW and cook for 1 hour or until just set. Remove from slow cooker and refrigerate for several hours or overnight.
 7. To remove, carefully run a thin knife or spatula around edge of custard. Invert onto a serving plate.

Recipes continued

Mediterranean Lamb Shanks

6 medium lamb shanks
½ cup plain flour
¼ cup oil
4 celery stalks, chopped
3 carrots, peeled, chopped
3 cloves garlic, crushed
2 onions, chopped
2 red capsicums, sliced
2 ½ cups chicken stock
¼ cup red wine
2 x 400g can whole peeled tomatoes
3 sprigs fresh oregano
3 sprigs fresh thyme
1 tablespoon whole black peppercorns
2 tablespoons corn flour
2 tablespoons lemon juice
Salt and pepper to taste

1. Dust lamb shanks with flour, making sure to shake off the excess.
2. Heat half the oil in a large fry pan over high heat. Cook lamb shanks in batches until browned; place in slow cooker.
3. In a clean fry pan heat remaining oil over medium heat. Add celery, carrot, garlic, onion and capsicum. Cook until softened. Add to slow cooker.
4. Add stock, wine, tomatoes, oregano, thyme and peppercorns to the slow cooker. Stir to combine. Place lid on pan.
5. Cook on HIGH for 3-4 hours or LOW for 6-8 hours.

Lemon Cous Cous

2 cups cous cous
⅓ cup parsley, chopped
2 tablespoons lemon juice
2 tablespoons olive oil
Salt and pepper to taste

1. Cook cous cous according to packet instructions.
2. Fluff cous cous with fork. Gently stir through remaining ingredients.
3. Serve with lamb shanks.

Notes

Notes

Notes

12 Month Replacement Guarantee

In the unlikely event that this appliance develops any malfunction within 12 months of purchase (3 months commercial use) due to faulty materials or manufacture, we will replace it for you free of charge.

Should you experience any difficulties with your appliance, please phone our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand. Alternatively, you can send a written claim to Sunbeam at the address listed below. On receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the appliance is defective, advise you on how to obtain a replacement or refund.

Your Sunbeam 12 Month Replacement Guarantee naturally does not cover misuse or negligent handling and normal wear and tear.

Similarly your 12 Month Replacement Guarantee does not cover freight or any other costs incurred in making a claim. Please retain your receipt as proof of purchase.

The benefits given to you by this guarantee are in addition to your other rights and remedies under any laws which relate to the appliance.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law and under the New Zealand Consumer Guarantees Act.

In Australia you are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Should your appliance require repair or service after the guarantee period, contact your nearest Sunbeam service centre.

For a complete list of Sunbeam's authorised service centres visit our website or call:

Australia

www.sunbeam.com.au

1300 881 861

Units 5 & 6, 13 Lord Street
Botany NSW 2019 Australia

New Zealand

www.sunbeam.co.nz

0800 786 232

26 Vestey Drive, Mt Wellington
Auckland, New Zealand

Need help with your appliance?

Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

In Australia

Visit www.sunbeam.com.au

Or call 1300 881 861

In New Zealand

Visit www.sunbeam.co.nz

Or call 0800 786 232

 is a registered trademark.

'SecretChef' is a registered trademark of Sunbeam Corporation.

Made in China.

Due to minor changes in design or otherwise, the product may differ from the one shown in this leaflet.

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ABN 45 000 006 771

Units 5 & 6, 13 Lord Street
Botany NSW 2019 Australia

Unit 3, Building D
26 Vestey Drive
Mt Wellington Auckland
New Zealand

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